

President's Corner

Do you make New Year's resolutions? I like the idea of them. You make a plan for the new year, make a new start. I've tried making them in the past and I never keep them. I have all kinds of good intentions and then life gets in the way and off they go. A friend of mine doesn't do resolutions. She picks a word or a phrase to focus on for the year. I like that idea much better. It's not a hard and fast thing like "I will lose 20 pounds" that will make you disappointed if you don't hit your goal. It's more of a concept to keep in the back of your mind as you go along with your life. A little reminder of how you want to live. Last year she picked "quiet" as her word. It was a reminder to slow down and take breaks from the helter skelter of today's world, to shut out the constant noise on occasion and just breathe. I'm still trying to think of a word for this year, but I like the idea of "quiet" in an election year!

One resolution I am going to make is to finish my Ice Cream Parlor Special Program book! I only have one more to go! I know I've said this before, but it's a good reminder that you have until the end of the year to finish your book. We cannot sell any more books (we sold 228!), but we can accept completed ones until the end of December. That seems like a long time from now, but it will be here before you know it!

by Mary Frink

We already have some event walks scheduled for this year that have ice cream parlors, but we can always use more! We are looking for new places to walk. Do you know of somewhere we can use as a start point? It needs to have parking for about 50 cars, bathrooms we can use, and a space we can set up the tables. We can pair you up with someone to figure out the routes if you've never done it before. If you have somewhere, please let me know. Let's have a full season of walks!

Having more event walks will also help you finish your 35th Anniversary Challenge Card! Can you believe it's our 35th anniversary? You should have gotten some cards in the mail with your YRE/seasonal book. We have received the bags and they look very nice. Joanne Izbicki has already turned in 2 cards and gotten 2 bags! I know there aren't many walks open yet, but we do have quite a few that are. The weather has been less wintery than normal so far, okay for going out to walk. I hope you are getting out in the sunshine a little and filling in your cards. Keep an eye open for group walk announcements and join your fellow walkers!



Come Friends, Let's Walk

- ❖ *Wednesday, Feb. 5
Group Walk:
Albany, NY
10:00 am (ESCV)*
- ❖ *Saturday, Feb. 8
Group Walk:
Providence, RI
10:00 am*
- ❖ *Sunday, March 8
Group Walk:
Hyannis, MA
10:00 am*
- ❖ *Saturday, March 21
Group Walk:
Saratoga Springs, NY
10:00 am (ESCV)*
- ❖ *Saturday, March 28
Day Event:
Hopkinton, MA
Soup Walk*
- ❖ *Saturday, April 4
Group Walk:
Lexington, MA
10:00 am*

*See AVA or club website for starting location details on these events. For group walks, please aim to arrive 15 minutes earlier to sign-in. **Winter group walks subject to weather conditions. Contact POC if unsure.***

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Activities Chairperson Needed

by Monica Hait

After a significant number of years in the role (actually decades), Chris Lipson has decided to retire as Activities Chairperson following the 2020 Soup Walk & Social on March 28.

We are tremendously grateful for all that Chris has done to bring fun and organization to our myriad social functions during her tenure, while being an ever gracious host.

In this hospitality role, the events the Activities Chair is currently most involved with include the Soup Social to kick off our walking year, our Club Picnic during summer/early fall, the After-Holiday Party in January, as well as coordinating guest speakers, snacks, and/or games for club meetings.

If you are interested in taking on or learning more about this vital volunteer role for the club, please contact Mary Frink. Chris (and her intrepid assistant Chuck) can also provide guidance if wanted by whomever takes on the Activities Chair duties.



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2020 Starting Point: Back Cover

by Beate Hait

Do you recognize the photo on the back cover of this year's edition of *Starting Point* (shown below)? The photo was taken by Frank Sayers, President of the Woodland Wanderers (Colorado) but looked immediately familiar when I saw it. I reached out to him and in response to my question, Frank replied, "I took the picture while we were doing the Springfield, MA convention walk in June. I have been schooled to not

take pictures of the back of Sherry while she is walking. But I did it anyway. That is her on the right. When I submitted it to the contest I was thinking it would be an excellent photo for the back cover. And, I guess I was right!"

By the way, WnM has one copy of *Starting Point 2020* remaining available for purchase. \$25 (plus \$4 if you'd like it mailed to you); please contact me (508-429-3564 or beateh1@aol.com) if interested.



Group Walk Photos



Left: Sandwich group walkers in January, with the friendly Stop & Shop robot.

Right: Fall River group eating after the #OptOutside walk in November

Bulletin Board

After successful virtual trips across Italy and Canada, the **2020 AVA Virtual Online Program** theme is trekking the **Appalachian Trail**. Even if you are hesitant to explore the real AT by foot, this program will give you a look at the sights without the need for extreme hiking gear and skills.

Sign up at
[http://cb.ava.org/
Appalachian_Trail.php](http://cb.ava.org/Appalachian_Trail.php)

Jean Morrissey sends her thanks to all who took the time to share well wishes following her knee replacement surgery in November. Jean is back home, enjoying her improved mobility, and looking forward to spring walking weather!

Next Club Meeting Monday, March 2

6:30 pm

*Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038
Up the stairs past
Customer Service Desk*

A "Movies Trivia Game" was found after the January meeting/ luncheon party at St. Michael's in Bedford. Please contact Chris Lipson (781-275-0464 or c2lipson@msn.com) if it is yours.

Are you on Facebook? Our club has a new page, and we would love to get all our members with Facebook to Like our page. Right now, many of the people who have liked our page are spread across the country so we could use some more local folks! Go to

www.facebook.com/WalknMass and click the **Like button** (below the header photo and above the feed). The button text should change to say Liked and turn from gray to blue if you've done it properly. Thanks!
We look forward to connecting with you online!

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: February 21st

Save the Date and break out your recipe books! Our annual soup walk is scheduled for **March 28th** in Hopkinton. One quick reminder to please use **crockpots** or **slow cookers** to transport your soup or chowder as we will not have access to a stove. More information in the March newsletter.

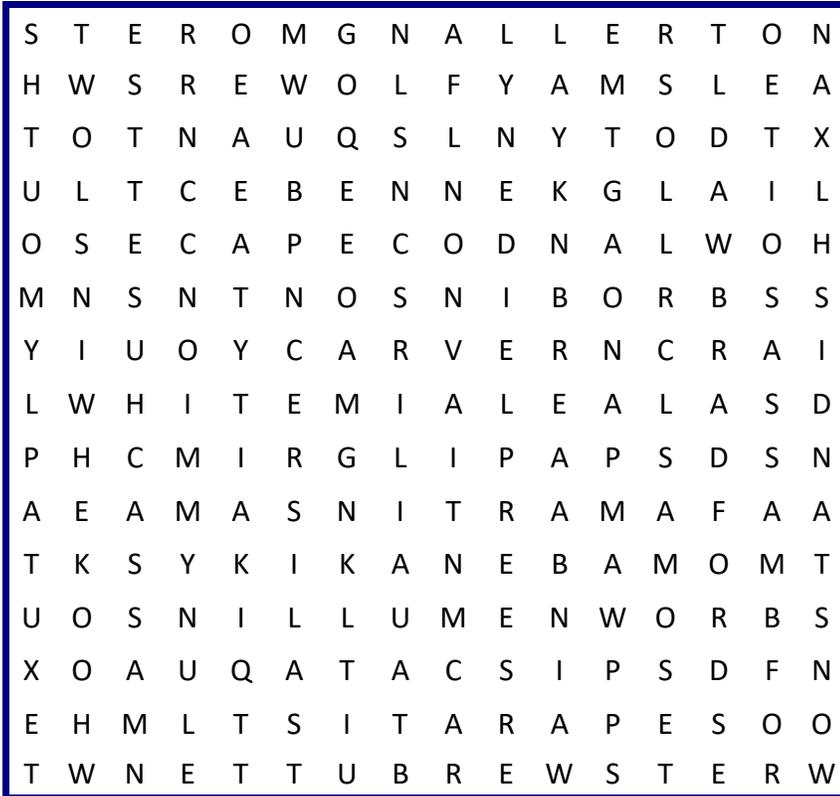


Do you have a volksmarching travel story to share? Send it to footnotes.editor@gmail.com for possible publication in a future edition of **Footnotes**.

facebook

Mayflower 400th Word Search

by Joanne Izbicki



- | | |
|---------------|--------------|
| Abenaki | Massasoit |
| Alden | Mayflower |
| Allerton | Mullins |
| Bradford | Patuxet |
| Brewster | Pilgrim |
| Browne | Piscataqua |
| Butten | Plymouth |
| Cape Cod | Robinson |
| Carver | Samoset |
| Doty | Separatist |
| Hooke | Snow |
| Howland | Squanto |
| Kennebec | Standish |
| Langmore | Thanksgiving |
| Leiden | Wampanoag |
| Martin | White |
| Massachusetts | Winslow |

What's in a Name?

by Joanne Izbicki

In taking part in the Mayflower Special Program sponsored by Twin State Volkssport Association, I was inspired to research the etymology of Massachusetts.

The name of our state is not a shortening of the Native American sachem named Massasoit with an addition of the mysterious "chusetts" ending as I had mistakenly thought. The state name is actually the name of an indigenous tribe, the Massachusett.

Massachusett is derived from a Wampanoag word "muswach8sut" (the "8" sounds like "oo") and can translate as "by the blue hills." Why did we add a final "s" to the tribe name? Maybe for the same reason we have to add an "r" after words ending in "a." Because we can.



For those interested, you can still sign-up for the Mayflower Special Program, which just began January 1, 2020, and participants have until December 31, 2023 to redeem books. The goal is to complete 12 total sanctioned events (max. one time per event per year) that meet the program requirements. Award is a 4 x 4" embroidered patch showing the Mayflower in Plymouth Harbor, MA. Cost of a book is \$10; make checks payable to Twin State Volkssport Association. Order books from Carolyn Adams, 23 Terry Hill Rd, South Ryegate VT 05069, 802-757-2500, or carri757@gmail.com

New Year in Boston

by Bob Marshall

Lots of fun was had in the sunshine of January 1 on our Bay Back route.



After-Holiday Celebration

by Monica Hait

(except where noted)



Chris Lipson



Walk Coordinator Speaks

by Beate Hait

Recap for 2019 (charts at right)

Fact: 19 total participants in Franklin was the LOWEST walk total for any WnM traditional day event in its 35-year history.

Fact: 426 participants in Springfield is the HIGHEST total since 2001 when 336 people did the Gloucester Harbor Route (222 participated in the Gloucester Park Route on the same October day).

Fact: Albany AVA Convention attendees also participated in some WnM YREs/SEs while in the area, increasing total participation by 513 over the 739 total participation in 2018.

It is considerably troubling that participation totals have been steadily declining over the years throughout the AVA nationwide, and our club has not been immune to this decline. In 2016, our traditional day events averaged 54 participants; in 2017 it was 57; in 2018 it was 49. Excluding Springfield, our 2019 average was 46 participants at day events. What can we do to turn this around?

While the participation bump in our year-round and seasonal events in 2019 is welcome, it is somewhat discouraging to note the overall downward participation trend over the past years. In 2013, the participation total was 1,240. By 2016, total participation was 1,013. In 2018 it was 739 (no volkssport tour groups came to the Northeast that year).

We certainly would like to see more walkers attend our traditional day events as well as year-round and seasonal events. To encourage that participation – and perhaps help you fulfill your New Year's goal to be more active to promote a healthy lifestyle – we hope you participate in the club's 35th Anniversary Challenge program, which also gives you a "gift" when you earn 35 points. See details on page 7.

Weekly Walking – While group walks of YREs and SEs are scheduled sporadically throughout the year on weekends, have you thought it'd be a good to have motivation to get out

Traditional Events	A Award	B Award	Credit	Free	TOTAL
Holliston Soup 3/30/19	0	0	44	24	68
Springfield Pre- Conv. 6/11/19	106	0	320	0	426
Blackstone 6/29/19	0	6	28	14	48
Woodville Picnic 7/27/19	0	0	26	10	36
Lowell 9/14/19	0	1	33	18	52
Malden 10/26/19	8	0	30	16	54
Franklin Cookie 12/14/19	0	0	14	5	19

and walk more regularly on a weekday? If you would like to be part of the planning group to make this program happen, **please contact me**. The when, how and where will be determined by the planning group. Would be great to have this in place by springtime.

Upcoming Traditional

Events – Save the date and plan to participate in the following walking events:

Sat., March 28 – Hopkinton – Soup Walk (new route!)

Sat., April 25 – Tiverton, RI

Sat., May 16 – Devens – Celebrating Armed Forces Day

2019 YRE & SE	TOTAL
Bedford Bike	35
Boston-Back Bay	57
Boston-Freedom Trail	158
Bristol	36
Cheshire	48
Concord	141
Fall River	44
Greenfield	22
Hyannis	32
Lexington	76
Lowell	50
Newport	77
Newton	49
Plymouth	68
Providence	161
Quincy	39
Sandwich Bike	12
Sandwich Walk	59
Shelburne Falls	51
Wellesley	37
TOTAL	1252